

Grilled Corn on the Cob

Grilled corn on the cob is a summer favorite. Sometimes, it doesn't get quite done. Breaking, or slicing the cob in half, decreases cook time. Add to the grill before the meat, and they are more likely to fully cook. Placed directly on the metal grill, marks burn onto the corn. Be careful about adding butter to the grill pack if placed on, or near, the coals. A grill packet may catch on fire if butter leaks. This happened one summer day. Flames shot up and singed the meat. It was delicious, even though the foil packet had been on fire.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

Pot holders.

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:

4 ears of corn, broke in half

Other ingredients:

1 tablespoon of butter

Dash of salt

Preparation time: 10 minutes

Preparation:

1. Wash and break 8 ears of corn.
2. Add to grill safe aluminum pan, or *grill packet:
 - 1 tablespoon of butter
 - 8 half ears of corn
 - Dash of salt
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.